

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Trocheloasty and MPFL reconstruction

Associated Procedure (circled if applicable): Meniscectomy/Meniscal Repair, microfracture, cartilage transplantation

Special Instructions: _____

Phase I (0-4 wks): Period of protection

- Weight bearing:** WBAT, wean from crutches by POD10
- Brace:** Hinged brace locked in extension.
- ROM:** Immediate passive ROM to tolerance, active knee flexion as tolerated, avoid active knee extension. Goal 90° by 4 weeks.
- Ice:** Not directly on skin. Recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.
- Exercises:** Gentle quad sets, co-contraction, isometric quad/hamstring strengthening in extension and at knee flexion >60°. SLR with brace in extension.

Phase II (4-12 wks): Transition phase

- Weight bearing:** Full
- Brace:** Discontinue if good quad control. If struggling at 4 weeks unlock to 0-30° and then 5 weeks 0-90° discontinuing at week 6. Removed for sleeping at week 4.
- ROM:** Passive ROM as tolerated with gentle end range stretching. AROM and AAROM to tolerance without resistance. Goal of 120 by 10 weeks.
- Ice:** Not directly on skin. Recommend as much as possible at minimum after PT.
- Exercises:** Once no lag on SLR and no limp during gait (usually by 6 wks), can begin closed-chain quad/core and hamstring strengthening as follows: **for weeks 4-6, only do strengthening with knee bent 60 degrees or more;** after 6 weeks, can begin to advance closed chain strengthening at progressively greater degrees of extension (advance ~20 degrees per week, such that strengthening is done from full extension to full flexion by 3 months).

Phase III (3-6 mo): Sport specific conditioning

- Weight bearing:** Full
- Brace:** None
- ROM:** No limitation. Aggressive end range stretching if full ROM not yet achieved.
- Exercises:** Progress closed chain patellofemoral strengthening without limits. Begin treadmill walking and progress with balance and proprioception.
- Jogging:** Begin straight ahead jogging program if core and hip strength appropriate at 4-5 months post-op.
- Sports:** Release to sport between 5-6 months when full motion and strength obtained.

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

_____ Date: _____

Dax Varkey MD, MPH